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FORT MCMURRAY: ONE YEAR LATER

FORT MAC STRONG

This week, Metro looks
back at Canada's costliest
disaster — and the people
who are rebuilding
metroNEWS



plus

DAY 1

- The city's long road to recovery: 'For some, it hasn't even started yet'
- What key lessons we've learned from the evacuation

Gail and Rodney Hanifan with their kids, Gail and Rodney Jr., in front of their burned neighbourhood in Fort McMurray.

JENNIFER FRIESEN/FOR METRO

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Out of the ashes

The Hanifan family lost everything when wildfires devastated Fort McMurray. Despite that, they are committed to rebuilding their lives and their community.

Alex Boyd
Metro | Edmonton

Sitting in the parking lot of an Edmonton Wal-Mart, her family's home in flames 400 kilometres away down a jammed highway, it all caught up with Gail Hanifan.

Her sister went in to grab supplies, but Gail was frozen.

"I just said, 'What am I going to get?'" she recalled, before pausing, her voice quiet.

"I knew in my heart that we had nothing."

So began the Hanifans' journey to rebuilding their life in Fort McMurray.

It's been almost a year since a runaway wildfire changed

course and smashed into the northern Alberta city, forcing the rushed evacuation of almost 90,000 people and causing more damage than any other disaster in Canadian history.

While stories abound of people choosing not to go back, the Hanifan family remains committed to the town they say is unlike anywhere else.

Originally from New Brunswick, Gail and her husband Rodney first moved west for the jobs almost twenty years ago. They went back east once, but returned for good because of what they say is an unusually hardworking, family-oriented community.

"I have so much love for

this place, it changed my life like no other," Gail said, recounting the events of last May from their new rental home in the city they were once forced to flee.

Their two kids, aged 15 and 12, were born in Fort McMurray, and she credits the boomtown with making them a family.

Waiting out the evacuation first in an Edmonton hotel, then in a borrowed camper, Rodney says they never talked about whether or not they'd come back. It was just a fact.

They stress they are among the lucky ones. Their kids were safe, and they were able to grab their two small dogs before running out the door.

But they lost almost everything in their house.

Gail's hunch that it was all gone was confirmed when a pilot friend snapped pictures of where their house once stood in the Waterways neighbourhood. The only things visible were iron skeletons of their cars sticking out of a pile of ash.

After a month the family could head back north, but undamaged rental properties were few and far between.

They were always renters in Fort Mac, and in hindsight consider themselves lucky they aren't fighting with insurance companies like so many of their neighbours.

Though they're looking now to buy a house, they found a

rental in the meantime and got to work replacing what they could, from the plates and dishes in the kitchen to the leafy houseplant in the living room.

But the irreplaceable things — their wedding video, the letter Gail wrote for her baby daughter, who is now almost 16, or the video diary she made for her son — are gone.

"Those things I grieved the most for," she said.

Luck has given them a hand, though.

When they were first married Rodney bought a painting for Gail, of a view of the beach, looking out a window. It was one of the things that made her sad, so one day she did a quick

Kijiji search — and an identical print popped up.

She tracked down the seller, and now it hangs in their kitchen.

"There's not many days that you don't think about what happened, but it doesn't rule your life, it doesn't shape who you are," Rodney said.

He tires of the negative stereotypes of Fort McMurray, that it's just a soulless industry town, and says they're dedicated to rebuilding the town they know, the one that made them a family. One of the first steps: marking almost one year since the fires broke out by hosting 20 friends for an Easter feast.

"We've had bigger events here than the fire."



Rodney and Gail Hanifan lost everything in the wildfires of Fort McMurray, Alta. But they count themselves among the lucky ones. ALEX BOYD/METRO

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Gerald Wong is the owner of an electronics store in downtown Fort McMurray. He says the city still has a lot to do to return to the way things were before the fire. ALEX BOYD/METRO

Still 'a long way to go' in city rebuild

RECOVERY

A year later, it's still half-built houses and empty lots



Alex Boyd
Metro | Edmonton

The day Gerald Wong came back to Fort McMurray, it was so quiet he could stand in the middle of the city's main drag, without so much as a truck passing by.

The owner of a downtown electronics store, he'd been allowed back before official re-entry in order to get his shop up and running.

But even since his hometown reopened its doors to all, it's still not the way it was before the fire. "A lot of people haven't come back, and some people won't ever come back," he said.

A swath of charred forest is visible from his store windows, showing just how close down-

town came to destruction. But whereas the central part of the city has begun returning to business as normal, the hardest hit areas are still struggling.

Rachel Ondang counts Fort Mac's recovery in wait times.

There's less traffic, errands take less time and you don't have to make reservations at restaurants.

"There aren't big line-ups. Even the carwash is slow," said Ondang, who until recently worked distributing donations to fire evacuees. Part of the problem, she said, is the double hit of the economic downturn coming as rebuild costs mount.

"The city has a much lower amount of work than it has in a very, very long time, and there are a lot of people on EI or don't have a lot of income coming in," she said.

According to a Conference Board of Canada report, the fire is expected to cost insurers and governments more than \$5 billion. However, the rebuild effort could add as many 9,000 jobs next year. About 2,000 structures

+ DETAILS

- **8 per cent** of private dwellings were destroyed in Fort McMurray
- **The amount of land burned** by the fire was 5,890 square kilometres, the size of P.E.I.
- **The amount of insured losses is \$3.7 billion.** It's the most expensive disaster in Canadian history.

were damaged or destroyed during the fire, but construction hasn't begun on rebuilding many of those. A year later it's still mostly half-built houses and empty lots as residents report struggles with insurers. Some have given up, putting the land up for sale instead.

National attention on Fort McMurray may have faded, but for many, Wong said, the fallout from fire is still being felt.

"There's a long way to go," he said. "For some, it hasn't even started yet."

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A wildfire rips through the forest 16 kilometres south of Fort McMurray, Alta., on highway 63 on May 7, 2016. THE CANADIAN PRESS

Lesson learned amid those furious flames

EMERGENCY RESPONSE

Officials already implementing key takeaways from evacuation



Darren Krause
Metro | Calgary

Improved inter-agency communication, more escape routes and the power of social media were three major emergency response takeaways from the devastating Fort McMurray wildfires.

When fire jumped the Athabasca River around noon on May 3, 2016, within two hours three communities — Beacon Hill, Abasand and Grayling Terrace — were ordered to evacuate.

Two hours later, a mandatory evacuation was given for all residents of Fort McMurray.

Tens of thousands fled south in bumper-to-bumper traffic as the fire enveloped the only major road out of the bustling Alberta city. Thousands more were sent north to relative safety in nearby oilsands camps.

Rapidly changing fire conditions limited evacuation routes, and short notice created a nightmare scenario for emergency management officials.

"It was just the worst case scenario we could probably

have," said Jordan Redshaw, communications manager with the Fort McMurray Recovery Task Force.

Redshaw said they're already putting in place measures to improve future response. Training exercises have already been conducted, closing gaps in future communication between different responding units.

Tim Haney, director of the Centre for Community Disaster Research at Mount Royal University in Calgary, said communication issues, especially in fire situations, isn't uncommon.

"Fire is a really hard one to evacuate from," Haney said. "It's very hard to give people advanced notice."

The nature of communication between emergency units and then having that information relayed to the general public makes calling an evacuation tricky, Haney said. If you call an evacuation too early and it doesn't come anywhere near people, they may not trust you next time.

"It's a damned if you do, damned if you don't scenario. If you call it too late, you're putting people's lives and property in danger," Haney said.

The fire also underscored the need for a second route out of Fort McMurray, something both Redshaw and Haney reiterated.

"Fort McMurray's basically a one-road-in, one-road-out city.

That's just a nightmare for calling an evacuation," said Haney.

Redshaw said a second major entry point is being planned as one of the primary mitigation efforts coming out of last year's fire. The Regional Municipality of Wood Buffalo has put forth \$5 million for pre-design of the East Clearwater Highway.

To date, the province hasn't committed partnership funding for that project.

While social media was an obvious source of gathering and delivering information to its tech-savvy residents, Redshaw said they also learned how valuable it could be in deploying emergency resources. They were sourcing out people who still needed assistance and those who needed to be checked on.

Aside from using social media for logistics and information, Redshaw said they used it for emotional outreach to residents.

"It's easy to forget, especially as a government organization, the importance of empathy when relating to the public. Just being honest and transparent about what you're doing is critical to building trust with the community," he said.

Haney noted University of Alberta research done after the Fort McMurray wildfire showed that people who followed the situation via social media were twice as likely to engage in a "helping behavior" such as making a do-

+ CASUALTIES

Two young people, Emily Ryan, 15, and Aaron Hodgson, 19, were killed in a car crash May 4 while fleeing the Fort McMurray wildfires. It's believed they were the only casualties during the mass evacuation.

nation or volunteering.

Redshaw said there's still more to learn from this disaster and how they can respond. The RMWB is expected to issue their official report on the wildfire, as is the provincial government, later this year.

Today, however, there's a new expertise in handling a crisis of this nature — including all the lessons learned from last year's devastating wildfire.

"The knowledge gained and the lessons learned... just to be able to work through that environment is exceptional in terms of the value," Redshaw said.

The task of recovery and it holds lessons of its own. But, Redshaw said there's a clear picture of what they want to achieve.

"There's a collective motivation to do better. I think there's a really big commitment here to get everyone back in their homes."

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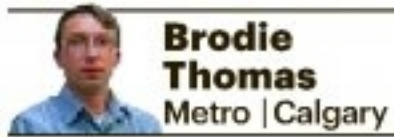


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WEST VILLAGE

Arena Plan B leaves worries about cleanup



Brodie Thomas
Metro | Calgary

Calgarians are set to hear the details of the city's vision for a new arena on Monday, but it has those in the West Village worried they'll never see their site cleaned of contaminated soil.

Council will be receiving a report from city manager Jeff Fielding on Monday with details on the so-called Victoria

Park Option, also called Plan B. While the full report won't be released until Monday, a cover report spelled out the broad strokes of what the city has in mind.

The 7.2 acre site just north of Stampede Park is bounded by 12 Avenue, 5 Street SE, 14 Avenue SE, and Olympic Way SE. It's currently used for parking.

The city says the area is already being developed as an entertainment district, and that there's a possibility for a land

swap between the city with its Saddledome land, and the Calgary Stampede, which owns the land being proposed for development.

The talk suggesting CalgaryNEXT is off the table has people in Sunalta worried that a contaminated site cleanup that would've come with the CalgaryNEXT plan.

Part of the land in the West Village contains creosote from a lumber operation in the mid-20th century.

Nick Twyman with the Sunalta Community association said he's only heard talk of a clean-up in the context of Calgary next development.

"When Mayor Nenshi said CalgaryNEXT wasn't going to happen, I think our biggest concern is that they'll pretend nothing is going on over there," said Twyman.

However area Coun. Evan Woolley said the work of remediation cannot and will not be forgotten.



Stampede is almost as famous for its food as it is for the cowboys and chuck wagons. THE CANADIAN PRESS

Group takes on food waste

CHARITY

LeftOvers to have presence at Stampede Midway



Helen Pike
Metro | Calgary

Waste not, want not.

This Stampede the Calgary LeftOvers Foundation will be drowning in corn dogs, fried food and delectable foodie delights with a real presence on the grounds.

"We will be onsite," said LeftOvers executive director Lourdes Juan. "We'll have a Leftovers tent where we'll be able to collect any of the excess food throughout the midway on the days of the stampede."

The group is looking for funding so they can place food collection bins on the Midway so that vendors can package up excess food and put it in the bins.

"Our volunteers will cart that

bin over to our tent," Juan said. "It's a lot of onsite presence for us at Stampede."

She said it will be a microcosm of what they're doing for the city, but at Stampede.

Last year, when Leftovers collected a ton of food from the last Midway day, one of the comments Juan heard from vendors was that they had prepared foods going to waste throughout the two-week-long festivities that could have been given to hungry folks in need.

Emily Wood, midway and exhibits co-ordinator told Metro that Stampede continuously looks for ways to minimize its environmental impact. She said the arrangement is a win-win situation that they're excited to be a part of.

Throughout the year, Stampede works with organizations to keep healthy food from the landfill, which gives them opportunities to assist community members with meals.

"We're proud to have the opportunity to share high quality food during Stampede time with Leftovers YYC," Wood said.

Calgary DIGEST

Workers thrown from bucket truck

Two men were injured after being thrown from a bucket-lift truck while working on power lines Sunday morning around 3 a.m. The men had been working on lines near the LRT tunnel at 42 Avenue and 1 Street SE.

The men were thrown

from the bucket after the truck began to slide down an incline towards the entrance of the tunnel.

A man in his early 30s was taken to hospital with head and back injuries, while a man in his early 20s suffered head, back and arm injuries, and was also taken to hospital. METRO

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There are some great local talents among the creators on hand at this year's event.

AARON CHATHA METRO CALGARY

Beyond the celebrities and fandom at the Calgary Comic Expo is the essential Artist Alley, where you can catch up-and-coming artists, check out unique projects and maybe get a print or original drawing — some of these local pencillers and inkers might be tomorrow's comic superstars.

Ian Navarro

Ian Navarro learned to draw as a child, sketching Ninja Turtles and ThunderCats in his notebook.

The details may have improved, but the passion hasn't changed.

Navarro has drawn for a number of local projects, and done some standout work in Dynamite Comics Goblins.

His style is very much in the vein of artists like Jim Lee, famed for his run on the X-Men in the '90s.

"It was just really dynamic artwork — he put so much energy into his work," Navarro said. "It helped it really pop."

These days Navarro draws all digital, courtesy of his iPad pro. Expect to see prints of superheroes, anime — and a mashup of different properties.

Navarro will be at booth BMO L05-06 in the Artist Alley.

Cameron Cookshaw

Self-publishing is never an easy venture, but artist Cameron Cookshaw is determined to make it work with his bold, Frank Frazetta-inspired visuals in the Tacternicus Chronicles.

The comic book is a barbarian fantasy tale, similar to the Conan books Cookshaw read as a kid. It follows three orphans of battle who are hired to steal a valuable artifact.

"With comics, the thing I really love is, it's writing and art combined. I have a love for both," said Cookshaw.

Cookshaw will have the first two issues of the Tacternicus Chronicles available at the Calgary Expo, along with some clothing designs from his Knowear line.

He'll be at booth BF 4225 in the Artist Alley.

“

With comics, the thing I really love is it's writing and art combined.

Cameron Cookshaw

Left: Deadpool meets Totoro

COURTESY IAN NAVARRO

Right: The Tacternicus Chronicles

COURTESY CAMERON COOKSHAW



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Startup raises \$1.1M in funding

BUSINESS

Investors are changing their attitude, says Micro Mech



Aaron Chatha
Metro | Calgary

Local investors have high hopes for Calgary startup Micro Mech — the company managed to secure 1.1 million in funding in just a few months.

"Alberta investors are looking for other things and definitely more open to technology and startups than they were in the past, when they had the option of a resource-based economy to put their money," said Jeff Ehmann, co-founder of Micro Mech.

Micro Mech allows users to

order an experienced mechanic right to their door, with the goal to save time and money for services like oil changes, brake service or general problems, like if your car just didn't feel like starting that day.

Ehmann felt incredibly supported by investors in the province, managing to raise the capital in only 2.5 months. That's adding to the \$500,000 they raised a year ago.

CEO Richard Roseboom feels it would have been much harder to raise this kind of money, a majority of which came from Alberta investors, only a decade ago.

"I think a decade ago, people were much more interested in keeping their money in oil," he said. "There's definitely a more diversified interest in investment now."

Diversification is a key word — investors are now starting to look beyond the oil patch

into new industries. Roseboom added that as much as investors like stability, they also like to support big dreams.

There's a number of big name investors, like W. Brett Wilson, who have invested and helped make other investors feel secure about funding the company.

"Backing a company with a quality service that solves customer's problems, while at the same time attracting top talent is a no brainer," said Wilson in a statement.

They found they were able to raise money quicker than some companies in Silicon Valley have.

The investment will help Micro Mech grow their team — both in the office and in the field. The company currently operates in Calgary and Edmonton, but hopes to expand into Toronto in the next few months, as well as the U.S. by the end of the year.

UNITED STATES

Ex-Calgarian on terrorist list

A former Calgarian has been added to the most-wanted global terrorist list by the U.S. Department of State.

Farah Mohamed Shirdon was a student at SAIT until 2012. In 2015 the RCMP charged him with terrorism-related criminal offences.

"Farah Mohamed Shirdon is a Canadian citizen who travelled to Iraq and Syria to fight with the FTO and SDGT the Islamic State of Iraq and Syria

(ISIS)," read the U.S. State Department release. "Shirdon is a prominent ISIS fighter and recruiter and has also been involved in fundraising."

There were reports in 2014 that Shirdon had been killed while fighting, but evidence he was alive surfaced on social media a month later.

Another Canadian, Tarek Sakr, was also placed on the list.

AARON CHATHA/METRO



Farah Mohamed Shirdon.
CONTRIBUTED ALBERTA RCMP/ THE CANADIAN PRESS

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Border towns help refugee claimants

IMMIGRATION

Americans and Canadians mobilize to aid asylum seekers

As the flow of asylum-seekers crossing into Canada continues, residents in towns along the Canada-U.S. border are quietly mobilizing to help the travellers who pass through in search of better lives.

Janet McFetridge, a resident of Champlain, N.Y., said she started seeing taxis passing by her house in November, around the time Donald Trump was elected president of the United States.

"It's just unusual because you don't usually see cabs out here, so it's very noticeable," she said.

Most of the taxis were heading to Roxham Road, a popular illegal crossing spot where people hop a small ditch into Canada in order to file asylum claims from



Janet McFetridge at an unmanned border between Plattsburgh, N.Y. and Canada. THE CANADIAN PRESS

within the country.

McFetridge said she and others in the area wanted to know how they could help.

"At first we were concerned about (winter) clothes, but then we're also concerned now about the larger picture of if they're sent back from Canada, are they going to be able to go somewhere?" she said in an interview.

"The greater Plattsburgh area is looking for some system where people will be able to house them and get them on their way safely."

What has emerged, she says, is a coalition of churches, citizens and social organizations.

The group, Plattsburgh Cares, is considering ways to offer food, shelter, transportation or legal ad-

vice to people who are heading to Canada or who are turned back.

People who cross the border illegally and file their refugee claims in Canada are generally allowed to remain pending their hearing dates.

But McFetridge worries some could end up in the area while in transit, or if they're turned back at an official border checkpoint due to the Canada-U.S. Safe Third Country Agreement, which states refugees must file their claims in whichever of the two countries they reach first.

On the Canadian side of the border, a group of citizens in Hemmingford, Que., recently held an event to see how they could support border jumpers.

That event included writing letters to Canada's prime minister and immigration minister to ask them to suspend the Safe Third Country Agreement, so refugee claimants could present themselves at the border instead of crossing illegally, group members said. THE CANADIAN PRESS

BRITISH COLUMBIA

Malaria parasite could treat cancer



Wanyee Li
Metro | Vancouver

A malaria parasite may hold the key to treat bladder cancer in patients who only have a 50 per cent chance of responding positively to traditional chemotherapy treatments.

UBC researchers found the treatment, a combination of a malaria protein with a marine sponge toxin, was 80 per cent effective on mice — the other 20 per cent of mice died within 70 days from bladder cancer, a disease that kills more than 2,000 Canadians every year.

It's the latest development in the cancer research trend that has researchers looking outside of chemotherapy for innovative treatment options.

"We can take a protein from one devastating disease and repurpose it to treat another devastating disease," said Mads Dugaard, UBC professor of urologic science.

His team found that a specific protein in the malaria parasite, VAR2CSA, was especially good at binding to the host's placenta.

This results in 200,000 new-

born deaths a year but Dugaard thought he could take advantage of this characteristic because that same protein attaches itself to bladder cancer cells too.

"We thought we might be able to take advantage of that protein from the malaria parasite and simply repurpose it to bind tumour cells instead," he said.

His team has turned the protein into a cancer-fighting weapon by combining it with hemiasterlin toxin, one of the most poisonous molecules in the world, found in sea sponges.

The idea is the protein will carry the toxin to the bladder and kill the cancer.

"You could say we combined something from a sponge and a malaria parasite to develop a weapon against (chemotherapy)-resistant bladder cancer."

The technique appears to have worked on mice and now the goal is to scale up drug production so the team can conduct clinical trials.

Dugaard says this malaria-inspired treatment could be available for bladder cancer patients in as early as 2020.

GOVERNMENT

Terrorism concerns spur security upgrades at passport offices

The federal government has been quietly making changes to passport offices in a bid to improve security and address concerns that the facilities could be targets for a terrorist attack.

Civil servants in passport and other government offices have for years faced bomb threats,

and hostility from individuals who are disgruntled, drunk or suffering mental illnesses.

Internal government documents show that senior officials have more recently worried that someone with extremist views might see a passport office as prime target for an attack, par-

ticularly if the federal government revoked their passport privileges because they wanted to go abroad to join a terrorist group.

The briefing note to senior officials at Employment and Social Development Canada says the offices could now more easily become targets, or be collateral

damage.

"ESDC Passport offices may be considered targets of symbolic value in future attacks," reads part of the 2015 briefing note marked, "Canadian Eyes Only."

Those concerns were stoked after two separate domestic terrorist attacks in October 2014.

In the first case, Martin Coure-Rouleau hit two soldiers with his car at a strip mall just outside St-Jean-sur-Richelieu, Que., killing Warrant Officer Patrice Vincent, 53. Officials seized his passport that July after police prevented him from flying to Turkey.

Michael Zehaf-Bibeau killed Cpl. Nathan Cirillo at the National War Memorial in Ottawa before storming Parliament Hill. He had come to Ottawa from Vancouver after he ran into problems getting a Canadian passport so he could travel to Libya.

THE CANADIAN PRESS

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French centrist presidential candidate Emmanuel Macron addresses his supporters in Paris on Sunday. THE ASSOCIATED PRESS

Voters in France face a stark choice

FRANCE

United Europe at stake in the runoff between Macron, Le Pen

Centrist Emmanuel Macron and far-right populist Marine Le Pen advanced Sunday to a runoff in France's presidential election, remaking the country's political landscape and setting up a showdown over its participation in the European Union.

French politicians on the left and right immediately urged voters to block Le Pen's path to power in the May 7 runoff, saying her virulently nationalist anti-EU and anti-immigration politics would spell disaster for France.

The selection of Le Pen and Macron presented voters with the starkest possible choice



Marine Le Pen AFP/GETTY IMAGES

between two diametrically opposed visions of the EU's future and France's place in it. It set up a battle between Macron's optimistic vision of a tolerant France — and a united Europe with open borders — against Le Pen's darker, inward-looking platform that called for closed borders, tougher security, less immigration and dropping the shared euro currency to return to the French franc.

With Le Pen wanting France to

leave the EU and Macron wanting even closer co-operation between the bloc's 28 nations, Sunday's outcome meant the May 7 runoff will have undertones of a referendum on France's EU membership.

The absence in the runoff of candidates from either the mainstream left Socialists or the right-wing Republicans party — the two main groups that have governed post-war France — also marked a seismic shift in French politics. Macron, a 39-year-old investment banker, made the runoff on the back of a grassroots campaign without the support of a major political party.

With 50 per cent of the vote counted, the Interior Ministry said Sunday night that Le Pen had 24 per cent of the vote, Macron had 22 per cent, Fillon had 20 per cent and far-right Jean-Luc Melenchon had 18 per cent.

THE ASSOCIATED PRESS

North Korea detains U.S. citizen

North Korea has detained a U.S. citizen, officials said Sunday, bringing to three the number of Americans now being held there.

Tony Kim, who also goes by his Korean name Kim Sang-duk, was detained on Saturday, according to Park Chan-mo, the chancellor of the Pyongyang University of Science and Technology.

Park said Kim, who is 58, taught accounting at the university for about a month. He said Kim was detained by officials as he was trying to leave the country from Pyongyang's international airport. A univer-

sity spokesman said he was trying to leave with his wife on a flight to China.

The Swedish Embassy in Pyongyang said it was aware of a Korean-American citizen being detained recently, but could not comment further. The embassy looks after consular affairs for the United States in North Korea because the two countries do not have diplomatic relations.

The State Department said it was aware of the report about a U.S. citizen being detained, but declined further comment "due to privacy considerations."

Park said Kim had taught at

the Yanbian University of Science and Technology in China before coming to Pyongyang. He said he was informed that the detention had "nothing to do" with Kim's work at the university but did not know further details.

As of Sunday night, North Korea's official media had not reported on the detention.

The Pyongyang University of Science and Technology is the only privately funded university in North Korea. It held its first classes in 2010. It is unique in the North for its large number of foreign staff. THE ASSOCIATED PRESS

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100 days of Trump

POLITICS

Controversial president says he's 'a different kind' of leader

For nearly 100 days, U.S. President Donald Trump has rattled Washington and been chastened by its institutions.

He's startled world leaders with his unpredictability and tough talk, but won their praise for a surprise strike on Syria.

He's endured the steady drip of investigations and a seemingly endless churn of public personnel drama.

"It's a different kind of a presidency," Trump said in hour-long an Oval Office interview as he approached Saturday's key presidential benchmark.

Trump, who campaigned on a promise of instant disruption, indirectly acknowledged that change doesn't come quickly to Washington. He showed signs that he feels the weight of the office, discussing the "heart" required to do the job. Although he retained his signature bravado and a salesman's confidence in his upward trajectory, he dis-



President Donald Trump poses for a portrait in the Oval Office in Washington on Friday. ANDREW HARNIK/THE ASSOCIATED PRESS

played an awareness that many of his own lofty expectations for his first 100 days in office have not been met.

"It's an artificial barrier. It's not very meaningful," he said.

Trump waffled on whether he should be held accountable for the 100-day plan he outlined with great fanfare in his campaign's closing days, suggesting his "Contract with the American Voter" wasn't really his idea to begin with.

"Somebody put out the concept of a 100-day plan," he said.

One hundred days are just a fraction of a president's tenure, and no president has quite matched the achievements of Franklin D. Roosevelt, who set the standard by which all are now judged.

Still, modern presidents have tried to move swiftly to capitalize upon the potent, and often fleeting, mix of political capital and public goodwill that usually accompanies their arrival in Washington.

Trump has never really had either. THE ASSOCIATED PRESS

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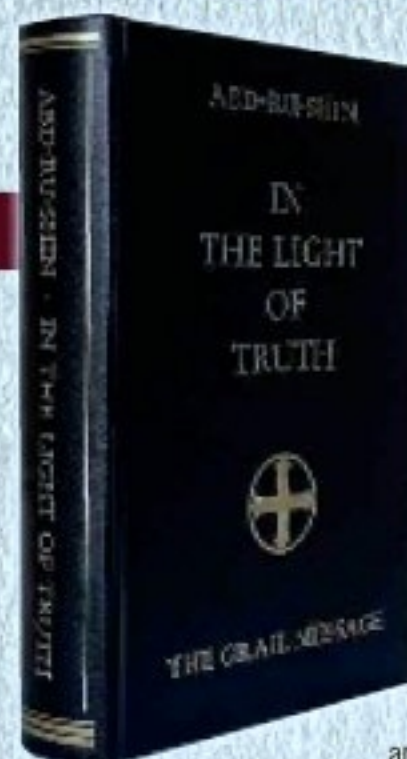
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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION Is it bad manners to turn down panhandlers?

Dear Ellen,

Every time I got to the liquor store, there is someone out front begging for money. If I have a loonie or toonie in my pocket, I might give it to them. But usually I'm in a hurry, or I don't have cash, or I resent the fact that one regular beggar is better dressed than me. Either way I feel irritated when I give and guilty if I don't. Is there a rule of etiquette I can follow, so I don't have to think about this every time?

T.K., Toronto

Dear T.K.,

As with all proper etiquette, the rule is to treat fellow human beings with respect.

Though this particular topic may be more of an ethics question than an etiquette one, the two areas overlap, and I don't agree with most of the ethics "experts" pontificating online, so I'll weigh in.

It's not wrong, etiquette-wise, to refrain from giving money to beggars. It's your choice, you have your reasons, and it's no one else's business. I do think it's unethical to be a hypocrite about it.

I also wonder if we go to the same liquor store. Does your well-dressed guy wear newish-looking jeans and a leather jacket? I never give him money. There's also a guy who plays a little guitar and sings so badly, I'm tempted to pay him to be quiet. Then there's the older woman who's clearly down and out, and doesn't seem to be fully



Ani Castillo

compos mentis. Her I give to, because she seems the neediest, and the least likely to know how to take advantage of government and charitable services — which "experts" say is where you should donate money. Their reasoning is that if you give money to beggars, they'll probably just spend it on drugs or booze instead of buying something sensible that will help them get a job and a home.

That's pretty rich — coming out of the liquor store and denying an impoverished person the chance to also have a drink. It's also blatantly ridiculous — do these so-called

experts really think the few bucks a panhandler might collect each day is going to pay for rent, or job training, or clothes and grooming for an interview, or a cellphone so they can Google-map the nearest psychiatric hospital?

I don't usually agree with the guy who runs a multibillion-dollar organization that openly discriminates against women and harbours known criminals. But I agreed with Pope Francis when, as recently reported in The New York Times, he was asked about giving money to people who might spend it on wine, and

answered: If "a glass of wine is the only happiness he has in life, that's OK. Instead, ask yourself, what do you do on the sly? What 'happiness' do you seek in secret?"

So the next time you're stocking up and someone asks for spare change, look them in the eye with a friendly shake of the head if you choose not to give. And give them a smile and a greeting if you do. Sometimes that brief interaction can be as valuable to them as the cash.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA

Dispelling the myth of the party girl

Party. Girl. Two excellent words signifying excellent things.

But together the words twist into a stereotype that has filtered into our culture in ways that endanger women.

You would think the standard definition is a young woman who enjoys parties. But the cultural definition that I am taking from our bastion of social enlightenment, Urban Dictionary, is a lot more telling.

A party girl, according to Internet wordsmiths, is: "A girl who will party hard anywhere, even if the party is s— she will get down and get naked."

That is the first definition offered; the second is even more derogatory.

(The Urban Dictionary may be crowd-sourced, but it is miles ahead of the Big Three — the OED, Merriam-Webster and dictionary.com — which do not have as exhaustive an entry for "lit" as they should.)

In that definition, a party girl isn't simply a woman who likes parties. She is a woman who likes having sex. Pass the smelling salts. Not only that, she's willing to have sex with anyone.

Women risk being labelled "whores" simply by appearing to having fun. For racialized women, our very bodies are hyper-sexualized; our hips apparently gave consent.

Decades of activism by feminists, as well as a body of jurisprudence, have championed the notion that compromised consent is, in fact, not consent at all. Yet in 2017, a judge bought into the cultural idea that a woman has, by having fun, consented

to sex.

In the trial of the Halifax taxi driver who was found not guilty last month of sexually assaulting a passenger, defence lawyer Luke Craggs leaned on the stereotype, saying the complainant became a different "type of person" when drunk.

The theory found a welcoming home in the mind of the judge who delivered the verdict.

But in a draft paper for the Canadian Bar Review, Dalhousie law professor Elaine Craig calls bull.

"It is difficult not to question whether Judge Lenehan's speculation, implausible conclusions and legally incorrect reasoning were informed by the stereotype that unchaste women, or promiscuous party girls, will consent to sex with anyone," Craig writes, according to The Canadian Press.

If you saw me in Kingston, Ont., in October six years ago, I was probably several drinks in and having a great time in a truly tiny dress. Chances are you would have thought I was a party girl.

You might not have thought I was a student making friends and relaxing during a Model United Nations weekend.

All this to say: the party girl image has nothing to do with the woman. It validates those who do not respect consent. It is about limiting women's choices about their sexuality and then penalizing them for those choices.

It has everything to do with denying women their autonomy.

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The rule is to treat these fellow human beings with respect either way.



Exercise for pregnant women

HEALTH

'Misguided' notions are contributing to obesity: Study

When Ericka York found out she was expecting her first child, she knew she wanted to stay active but didn't feel safe sticking to her usual routine.

"I didn't feel like I had enough knowledge to keep doing the workouts I was doing," said the Toronto resident, who used to play soccer once a week and take about 10 fitness classes a month.

So she signed up for prenatal yoga and Belly Bootcamp, and has discovered that few women in her classes are pregnant for the first time. Some of the second-time moms-to-be have told her they were too scared to enrol during their first pregnancy, but in hindsight wish they hadn't felt that way.

In fact, a trio of doctors affiliated with Spanish and American universities say few pregnant women are getting enough exercise. In a jointly-written opinion piece published in the Journal of the American Medical Association last month, they wrote that "misguided" notions that pregnant women need to eat more while doing less exercise are contributing to world obesity.

Women who gain and keep excessive weight during pregnancy (Canadian guidelines identify healthy weight gains based on each woman's Body Mass Index before pregnancy) can pass it

WAYS TO KEEP FIT

Walking

Getting off the subway a few stops early, taking a more gratuitous wander through the grocery store, or if driving, avoiding those mom and baby spots close to the building and parking far away.

Fitness Classes and Activities

Canadian guidelines say pregnant women should watch out for activities that might hold risk of losing balance or that are competitive (ice hockey, gymnastics, horseback riding, scuba diving, and cycling are singled out as being risky). Swimming, cross-country skiing, water aerobics or riding a stationary bike are considered safer.

Yoga and Pilates

The JAMA opinion article points out that even though yoga and Pilates are often recommended to pregnant women by doctors, clinical trials have yet to demonstrate that either is beneficial for moms-to-be.



When Ericka York (right) found out she was pregnant, she signed up for Belly Bootcamp. Last month a trio of doctors wrote in a medical journal that exercise is important for pregnancy health. Some point to Serena Williams (inset) as a positive example — she was nearly two months pregnant when she won the Australian Open in January. TORSTAR NEWS SERVICE/GETTY



day's limited available data to push evidence-based exercise guidelines forward, Davies said.

Considering the high levels of obesity in the population, he added, many women should probably be more active than they already are to prepare for a healthy pregnancy.

"I'm a firm believer that almost all types of exercise are safe in pregnancy. Just don't overdo it. I don't think the patient needs to be worried about having things being too much more prescriptive than that."

Jennifer Blake, CEO of the Society of Obstetricians and Gynecologists of Canada, said the nationwide message on exercising while pregnant has been consistent for years: it's good for you, do it. "But you also want to make sure you are not going to be in a situation where people are asking you to do things that may not be safe for you or for your pregnancy," she says.

It's important for both women and their fitness instructors to be well-informed. In Canada, a checklist is available online to help determine what type of exercise is safe for each expecting mother. TORSTAR NEWS SERVICE

along to their newborn babies. Those who remain active experience fewer aches and pains and are less likely to need a Caesarean or experience poor bladder control, the doctors write.

The same article suggests not knowing how much and what kind of exercise pregnant women should be doing is in part to blame for why so few

expecting mothers do not get as much exercise as they should.

And while Canadian guidelines encourage women to exercise while pregnant, this push comes with a list of precautions: watch your heart rate, don't get competitive, mind your balance and don't lose your breath.

"Most recently we've been making the argument that being

sedentary is actually much more risky to your pregnancy than being active," said Gregory Davies, chair of maternal-fetal medicine at Queen's University who helped write those guidelines.

Davies said many decades ago, when everyday life was substantially more physically demanding than it is now, the idea that women should take it easy dur-

ing pregnancies was probably more sound. "But fast forward to 2017 when people are living super sedentary lives, that advice is no longer valid. But it's still in our culture that pregnant women need to slow down."

Research on the topic has been slow. Early fears that working out while pregnant could hurt a growing fetus have led to to-

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Lower debt ceiling; get your life back



In a world in which we are surrounded by easy credit, keeping track of spending and committing to paying off money owed is crucial. iStock

ADVICE

Is it any wonder so many people haven't figured out their limit?

Gail Vaz-Oxlade
For Metro Canada



Ask some people what their debt ceiling is (the most amount of consumer debt they'd be willing to take on), and they'll tell you: "As much as I can borrow."

My personal debt ceiling is zip, zero, zilch. But in a world where people have grown up surrounded by plastic, where they've watched their parents use credit to buy everything, and where they've been handed more rope than they could ever have imagined, is it any wonder so many people haven't figured out their debt ceiling?

Off they go charging through life. When a card fills up, they apply for and get another. Eventually they get a credit line or two. And, of course, they have overdraft protection. Some wind up at a pay-advance store.

All the while, they hike

higher and higher up Mount Debt until eventually they run out of air.

So, do you have a debt ceiling?

What do you think contributed to you having a debt ceiling?

If you don't have a debt ceiling, why do you think that is?

Do you think that keeping your debt in different piles helps to make you feel less close to your debt ceiling?

What would you be prepared to go into debt for?

What would you NOT be prepared to go into debt for?

Do you feel like you've used too much credit?

If you had it to do over, what would you do differently when it comes to using credit?

If you think you have a problem with debt, the first step is to say it out loud. If you aren't prepared to admit

debt."

Start writing down every penny you spend. Whether it's \$1.25 for coffee or \$600 on a fabulous new pair of shoes, write it down. This is how you become accountable for forfeiting your future in the name of immediate pleasure.

Look over your list at night and ask yourself why you're really buying. Did you get a rush? Did you feel pleasure? How are you feeling now?

Switch from credit to cash. It's way easier to charge something than it is to fork over cold, hard cash, particularly when you're getting to the bottom of the jar.

Commit to paying off your debt.

Allocate a fixed amount to each debt, paying off the most expensive (read: highest interest) debt first while you make smaller payments on the other debts.

Once your first debt is paid off, roll that payment to your next most expensive debt.

Keep going 'til you're out of the hole.

Don't have the money to make a dent in your debt? Get another job, a better job. Make more money!

The time has come to pay up.

So suck it up, find a way to get out of debt and get your life back.

you're in trouble, if you aren't prepared to add up the mess you're in, then you're not ready for help yet.

If you want things to change, start by saying: "I have a problem with my

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Cow Face Pose improves moo-bility

WELLBEING

Some 'bovine' intervention to help stretch out your body

YuMee Chung
Torstar News Service

Yoga is chock a block with animal poses: dog, cat, cobra, fish, pigeon, crow, crocodile, rooster... the list goes on.

Of course we chose to demonstrate Cow Face Pose at the udderly charming Octopus Garden Yoga Centre in Toronto. Inspired by Canadian artist Sarah Hillock's love of cows, this nuanced move will address both upper and lower body mobility.

1. Sit on the floor with your legs outstretched.

2. To set the legs:
a. Bend the right knee and draw it close to your chest before stepping the foot onto the ground beside your outer



Yoga teacher YuMee Chung advocates the so-called Cow Face Pose, taking inspiration from our bovine friends, as a great way to limber up and stretch out both the upper and lower body, and demonstrates the move here. TORSTAR

left thigh;

b. Fold your left leg under and place the pinky-side of the foot on the ground, with the heel close to your outer right hip;

c. Angle the right thigh away from you until the knees stack, to the best of your ability, and your right heel rests alongside your outer left hip.

3. To set the arms:
a. Reach your left hand towards the sky and pat yourself on the upper back, just below the nape of the neck;
b. Bring the back of the

right hand to the small of your back and wiggle it up between your shoulder blades; and
c. Clasp your fingers behind your back, if they reach each other easily. Otherwise, use a

strap to bridge the gap.

4. Lift your chin and lean the back of your head into your upper arm as you breathe five gentle and generous breaths.

5. Repeat on the other side.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

HOLY COW

A sacred animal for the Hindu population, cows are revered and protected in India, lauded for their tolerant, patient and calm dispositions. They symbolize maternal care for their affection towards their young and are thought to offer their milk freely to all who would have it. Eating a cow would be as unthinkable for a Hindu as eating a cat or dog is here.



Latest research suggests links between taking antenatal medication and post-natal issues have been overstated. ISTOCK

PREGNANCY

New studies ease anti-depressant worry

Genna Buck
Metro Canada



For women suffering from mental illness, deciding whether to stop taking anti-depressants to get pregnant can be agonizing.

That choice could soon be a little easier: According to a new study of 35,906 births in Ontario, mothers who take antidepressants during pregnancy are no more likely to have children

with autism than others.

The researchers, based at Women's College Hospital in Toronto, initially found more cases of autism among children of mothers taking the medication. But after adjusting for many complicating factors – such as differences in mothers' ages and families' access to health care – they found antidepressants don't play a significant role. The study only looked at drugs that act on serotonin, including common ones like sertraline

(Zoloft), fluoxetine (Prozac), and duloxetine (Cymbalta).

The authors suggest past research that found a slight association between antidepressants and autism did not properly account for other factors.

The paper also looked at women who took antidepressants during one pregnancy but not another. Children exposed in utero did not have higher rates of autism than their siblings.

A different study, also published this week, had similarly

reassuring results, finding no link between antidepressant use during pregnancy and ADHD.

Few studies have been done on the long-term effects of antenatal antidepressants, so many women choose to go off medications before getting pregnant to be on the absolute safe side. But without medication, there's risk of relapsing back into depression at the worst possible time – while dealing with the stresses of pregnancy, post-partum recovery and caring for a newborn.

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WHY I LIKE MY JOB

Alexis McCann, 28, Guest service manager at Westin Bayshore, Vancouver

I applied to be a hotel service agent at the Westin Bayshore, with the idea that once I gained experience on the front desk, I would hopefully move into management. After six months, there was an opportunity for a guest service manager, and I've been doing that for a year.

As a guest service manager, we're in charge of guest service agents (who do the check in/check out), the command service operator (whom you call from your rooms), the door team, and a lobby team. I'm in charge of all those associates on shift and have to make sure they have the resources required to assist guests. A lot of the administrative side of things is making sure the day is set to run smoothly, like making sure reservations are blocked into the proper room types, or the VIP guests are being accommodated.

My job is not Monday-to-Friday. But I like the ongoing challenge of dealing with many different things at once. I enjoy the fast pace of the job. I get to deal with so many different experiences and people, there's always something new.



HOW TO START

A secondary school diploma is required for most positions. Colleges hospitality degrees are not a prerequisite for the majority of entry-level opportunities. On-the-job training is common, but those looking to go to school for hospitality can expect to learn about the ins-and-outs of running a hotel, and get an overview of how the different departments operate. Most programs also offer placements and apprenticeships.

WHERE YOU CAN GO

There are opportunities for hotel clerks in all major cities, not only in Canada, but around the world. In larger cities, such as Toronto, Vancouver and Montreal, hotels will employ staff year-round, but in smaller resort towns, such as Jasper or Banff, most take a more seasonal hiring approach.

NEXT CAREER STEP

Desk clerks can often move into managerial roles, taking charge of day-to-day operations. Larger hotels also often offer opportunities in different departments, such as food and beverage management or sales.

THE BASICS: Hotel clerk

\$35,374

Median salary annually

13%

Projected rate of job growth over the next eight years

Data for this feature was provided by ontariocolleges.ca, payscale.com and onetonline.org.

TECHNOLOGY

Even tech threatens Icelandic language

Salome Sigurjonsdottir, 10, is testing a voice-controlled television in an electronics store in Reykjavik. Sales assistant Einar Dadi, however, says none of his TVs understood Icelandic.

The revered Icelandic language is considered a source of identity and pride for many. But it is being undermined by the widespread use of English, both for mass tourism and in the voice-controlled artificial intelligence devices coming into vogue.

Linguistics experts, studying the future of a language spoken by fewer than 400,000 people in an increasingly globalized world, wonder if this is the beginning of the end for the Icelandic tongue.

THE ASSOCIATED PRESS



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TV CAREERS

Rhimes talks how to be a screenwriter

Shonda Rhimes, the TV mastermind whose hits include Grey's Anatomy and Scandal, keeps a lid on plot twists. But she's giving aspiring screenwriters a behind-the-scenes look at how to succeed in her craft.

In six hours of online classes, Rhimes offers lessons on writing scripts, pitching pilots, and how series' writers work together to create stories and screenplays. Scripts from Scandal and the "story bible" that laid out the characters and structure of Grey's Anatomy are part of her masterclass.com course.

"I love the idea that for \$90, somebody who couldn't afford to go to film school would get to take this class," Rhimes said of the project from San Francisco-based company MasterClass. "It felt like an equalizer to me, and

that was great."

The so-called second golden age of television with its expanded number of outlets, including streaming platforms, has created new but not unlimited opportunities. Breaking into the competitive field requires creative thinking on and off the page, Rhimes suggested.

"I would suggest getting a job as a production assistant anywhere, because it is a way in and a lot of this is about knowing people." Entering (and winning) the many available writing contests is another path, she said.

And there are jobs to be had, she assures the hopeful including at her company, Shondaland.

"We're always looking for people not from here (the industry), because they have new and fresh voices." THE ASSOCIATED PRESS



TV guru Shonda Rhimes is sharing her craft. GETTY IMAGES



JOHANNA SCHNELLER WHAT I'M WATCHING

She may be a brat, but she's also simply human

THE SHOW: *Girlboss* S1, E1 (Netflix)

THE MOMENT: The sandwich

Sophia (Britt Robertson) – based on the real-life clothing entrepreneur, Nasty Gal founder Sophia Amoruso – is working in a shoe store. Or rather, not working. "Was that a personal call?" her boss Carol asks. "Are you surfing the web?"

"It was. I am," Sophia says defiantly.

"I don't know where to begin," Carol says.

"If you need to some time to put your thoughts in order, we could put a pin in this," Sophia says. She plops into her chair and bites a sandwich.

"Is that my sandwich?" Carol asks.

Sophia pretends she didn't know, then admits she did. "Now isn't this the part where we move on?" she asks.

"This is the problem with you, you don't know your place," Carol sputters.

"I'm not about to die of malnutrition," Sophia snaps. "What do you care, you don't own the place. You're just middle management on some power trip."

"You're fired," Carol says.

"What?" Sophia asks.



Netflix's new comedy series, *Girlboss*, appears to be following a familiar formula, centred on flawed main character Sophia (Britt Robertson). ISTOCK

This is The Scene. It comes at the midpoint of every first episode of every series about a flawed heroine.

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This is The Scene. It comes at the midpoint of every first episode of every series about a flawed heroine. It's the moment where we see her at her brattiest. It's the scene you

have to get past if you're going to stick with the show.

As surely as spring follows winter, it's followed by a scene that restores the heroine's humanity – in this case, Sophia calls her best friend, and we

watch as she moves from self-righteous to self-aware. "Oh, Annie," she concludes, eyes filling with tears, "why am I such an a--hole?"

And bingo, you're either in or out.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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OKC guard Russell Westbrook had a triple-double by halftime, but the Thunder still lost 113-109 to the Houston Rockets and trail 3-1 in the series



Big Mac devours Bruins

2017 NHL PLAYOFFS
OTTAWA WINS SERIES 4-2

Sens' comeback star kills off East quarter-final with OT goal

It wasn't long ago that Clarke MacArthur was contemplating retirement. His decision to stick around for a playoff push paid off in a big way.

MacArthur, who missed all but the last four regular-season games after suffering a concussion in training camp, scored the winner on a power play 6:30 into overtime Sunday as the Ottawa Senators beat the Boston Bruins 3-2 to win their Eastern Conference quarter-final series in six games.

The 32-year-old MacArthur sat out 156 regular-season games in total over the two seasons because of multiple concussions and had moved to Florida to prepare for retirement.

"There's nothing like living in the NHL and living in these playoffs," MacArthur said. "(Retirement is) something everyone's going to have to deal with one day, but I want to stretch it out as long as I can obviously."

After a 3-2 double-overtime loss to the Bruins in Game 5 on Friday, the Senators weren't facing a must-win game — but MacArthur made sure the series ended in six anyway.

MacArthur's goal, his second of the post-season, followed



Senators left-winger Clarke MacArthur and Bruins centre Patrice Bergeron race for the puck on Sunday. MacArthur later scored the series-clinching goal in overtime. MADDIE MEYER/GETTY IMAGES

a holding penalty to Boston right-winger David Pastrnak. MacArthur scored on the rebound of Bobby Ryan's shot 36 seconds into the power play.

Ryan and Kyle Turris also scored for the Senators and Craig Anderson made 28 saves.

It was the fourth overtime game of the series. Every game was decided by one goal.

Ottawa will face the New

GAME 6 In Boston



York Rangers in the conference semifinals. New York beat Montreal 3-1 on Saturday to win its quarter-final series in six games. The Senators won two of three regular-season meetings against the Rangers this year.

"We're going to use this (off) time well and we're going to prepare to play New York here in the second round, and we've got to keep pushing forward,"

4

Four of the six games in the series couldn't be decided in regulation, with Friday night's game needing double overtime.

said defenceman Erik Karlsson, who admitted after the game that he played the entire series with two hairline fractures in his left heel.

"I feel like we have a strong group, we have a deep group." Drew Stafford and Patrice Bergeron scored for Boston. Tuukka Rask had 26 stops.

Rask said he was proud of the resolve the Bruins displayed after longtime coach Claude Julien was fired on Feb. 7 and replaced by interim Bruce Cassidy. Boston went 18-8-1 under Cassidy to close the regular season and snap a two-year playoff drought.

"We battled hard," Rask said. "Ever since after the coaching change, we really came together as a group. We got in the playoffs and then played a heck of a series.... It was a hard-fought series and just didn't go our way."

Asked if he wants to return as Bruins' coach, Cassidy said: "Absolutely, 100 per cent."

Boston was without centre David Krejci, who left Friday's Game 5 after taking a knee-to-knee hit from Senators defenceman Chris Wideman late in the first period. Krejci also missed Games 1 and 2 with an upper-body injury. THE CANADIAN PRESS

Caps put Leafs in rearview

GAME 6 In Toronto



A historic Toronto Maple Leafs season has come to an end.

Marcus Johansson stuffed his second goal of the game past Frederik Andersen six and a half minutes into overtime as the Washington Capitals edged the Leafs 2-1 in Game 6 on Sunday night — winning the series 4-2 with five of the six games decided in extra time.

Johansson pulled Washington even at 1-1 with less than eight minutes to go in the third period after Auston Matthews broke a scoreless tie with his fourth goal of the series for Toronto.

Andersen was sharp with 34 saves, equalled by Holtby, who stopped 37-of-38 for the Caps.

Washington will face Pittsburgh in the second round for the second straight spring.

The loss ends a memorable season for the Leafs.

History was shattered often in Toronto this season, beginning with Matthews' unprecedented four-goal NHL debut and concluding with a teardown of the team's rookie record book — from goals, assists and points to power-play points and ice-time.

THE CANADIAN PRESS

AWARDS

Johnny Hockey nets Lady Byng nom

Calgary Flames forward Johnny Gaudreau is one of the finalists for the NHL's Lady Byng Trophy.

Gaudreau, along with Minnesota Wild centre Mikael Granlund and St. Louis Blues forward Vladimir Tarasenko were named the three finalists on Sunday for the award given to the league's most sportsmanlike player.

The winner will be announced Wed., June 21, at the NHL Awards in Las Vegas. Gaudreau reached the



Johnny Gaudreau
GETTY IMAGES

40-assist and 60-point milestones for the third time in as many NHL seasons. He registered a career-low two minor penalties and four penalty minutes, tied

for the fewest among skaters who appeared in at least 41 games. THE CANADIAN PRESS

IN BRIEF

Ducks' Fowler could figure into series vs. Oilers

Cam Fowler has returned to practice with the Anaheim Ducks, and the all-star defenceman could be on target for a quick return to the Stanley Cup contenders' lineup.

Nearly three weeks after injuring his knee, Fowler skated with his teammates at Honda Center on Sunday when they returned from a three-day break after sweeping Calgary out of the first round of the post-season. THE ASSOCIATED PRESS

Texas Open goes to Chappell

Kevin Chappell made an eight-foot putt on the final hole to win the Valero Texas Open by one stroke on Sunday in San Antonio.

Chappell had a 4-under 68 in the final round to finish at 12 under for the tournament, edging Brooks Koepka to earn his first PGA Tour win in his 180th career start.

"A big relief," the 30-year-old said. "There's been quite the monkey on my back for some time now about getting that first win."

THE ASSOCIATED PRESS

MLB

Stroman goes the distance in Jays' win

Marcus Stroman pitched a seven-hitter and Devon Travis hit a go-ahead, two-run homer during a four-run eighth inning in the Toronto Blue Jays' 6-2 victory over the Los Angeles Angels on Sunday.

Stroman (2-2) survived a rocky ninth by inducing a game-ending double play in his third career complete game — and his second in 12 days. The right-hander retired 14 straight Angels at one point during a gritty start in his first appearance back in South-



Marcus Stroman
GETTY IMAGES

ern California since pitching the U.S. to victory in the World Baseball Classic final at Dodger Stadium last month.

Kevin Pillar added a solo shot moments after Travis' slump-busting homer for the Blue Jays (6-12).

THE ASSOCIATED PRESS

First-round knockout specialist

NBA PLAYOFFS

James wins 21st opening-series game in a row as Cavs sweep

LeBron James stuck to the old script Sunday.

Again, he bailed out the Cleveland Cavaliers. And again, he sent the Indiana Pacers home for vacation.

On yet another milestone day for basketball's king, James' crowning achievement was making the go-ahead three-pointer with 1:08 to play and helping the defending champs hold on for a series-clinching 106-102 win at Indiana.

"You have to mentally challenge yourself every year and go out and try to do what's right — putting your body on the line, putting your team on the line and trying to be successful," James said. "It's very hard."

But the four-time MVP makes it look easy. He finished with 33 points, 10 rebounds, four assists, four steals and two blocks.

By winning his 21st consecutive first-round game, James

GAME 4 In Indianapolis



broke a tie with Michael Cooper, Magic Johnson and James Worthy for the longest streak under the NBA's current playoff format. By sweeping a series for the 10th time, James broke a tie with Tim Duncan for the most in a career, according to Elias Sports Bureau. By going 13 of 25 from the field, he pulled into a tie with Kobe Bryant for the fourth highest post-season field goal total with 2,014.

And by holding on for the win, James improved to 52-0 in the playoffs when his team takes a double-digit lead into the fourth quarter.

James considered the milestones a footnote on a day the Cavs blew a 13-point lead and allowed the Pacers to come all

the way back and take a 102-100 lead with 1:31 to go.

"They were giving it all they had," James said. "Obviously, a loss would have ended their season. We just had to weather the storm once again."

Of course that's when James took the cue and came to the rescue.

He made the long three to give Cleveland the lead, poked the ball away from Thaddeus Young on the next possession, grabbed the rebound when Paul George missed a three with 1.9 seconds to go that could have forced overtime and, of course, made one of two free throws to seal the win.

Now Cleveland takes a seven-game winning streak into the conference semifinals against either Milwaukee or Toronto.

For Indiana, it will go down as yet another tormenting chapter in their rivalry with James.

James' teams have eliminated the Pacers four times in six years and completed the first-four game sweep in Indiana's NBA history.

Lance Stephenson led the Pacers with 22 points. George had a series-low 15.

THE ASSOCIATED PRESS



LeBron James finished with 33 points, 10 rebounds, four assists, four steals and two blocks on Sunday. DARRON CUMMINGS/THE ASSOCIATED PRESS

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A hand holding a white mug with a green pattern, next to a newspaper.

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NBA PLAYOFFS

Thomas leads Celts in pulling even

Isaiah Thomas scored 33 points, and the Boston Celtics beat the Chicago Bulls 104-95 on Sunday to tie their first-round playoff series at 2-2.

Boston blew a 20-point lead, but Thomas keyed a third-quarter run that put the Celtics back on top after Chicago briefly went ahead.

Gerald Green made four three-pointers on his way to 18 points, helping the top-seeded Celtics return the favour in Chicago after dropping the first two

GAME 4 In Chicago



games at home. Al Horford added 15 points and 12 rebounds.

Game 5 is Wednesday in Boston.

Jimmy Butler carried the Bulls with 33 points and nine assists.

THE ASSOCIATED PRESS

IN BRIEF

Sanchez lifts Arsenal into all-London FA Cup final

Alexis Sanchez ensured Arsenal's stormy season will end with an FA Cup final after securing a 2-1 victory over Manchester City in extra time at Wembley Stadium in London on Sunday.

The Chilean struck in the 101st minute to secure an all-London May 27 final against Chelsea. Arsenal is chasing a third title in four seasons in the competition while marred in a 13-year Premier League trophy drought.

THE ASSOCIATED PRESS

Canada loses rugby sevens final to New Zealand

It was heartbreak for Canada in the final of the HSBC Kitakyushu Sevens on Sunday in Kitakyushu, Japan, beaten 17-14 by New Zealand on a Michaela Blyde try with no time remaining.

The Canadian women had won their five previous matches at the tournament, blanking Russia 41-0 and Australia 33-0 earlier Sunday — Canada's largest margin of victory ever over both countries.

THE CANADIAN PRESS

MAKE IT TODAY

Fresh Blueberry and Kale Smoothie



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This smoothie was on our rotation in the fall and I recently resurrected it. I swear you can't taste the kale. No, seriously.

Ready in 3 minutes
Prep time 3 minutes
Serves 2

Ingredients
• 1 cup almond milk

- 1 tsp honey
- 1 cup organic frozen blueberries
- 1 cup frozen chopped kale
- 1 banana, peeled
- 1 Tbsp Greek-style yogurt

Directions

1. Place the almond milk, honey, blueberries, kale, banana and yogurt in a blender and whiz until smooth

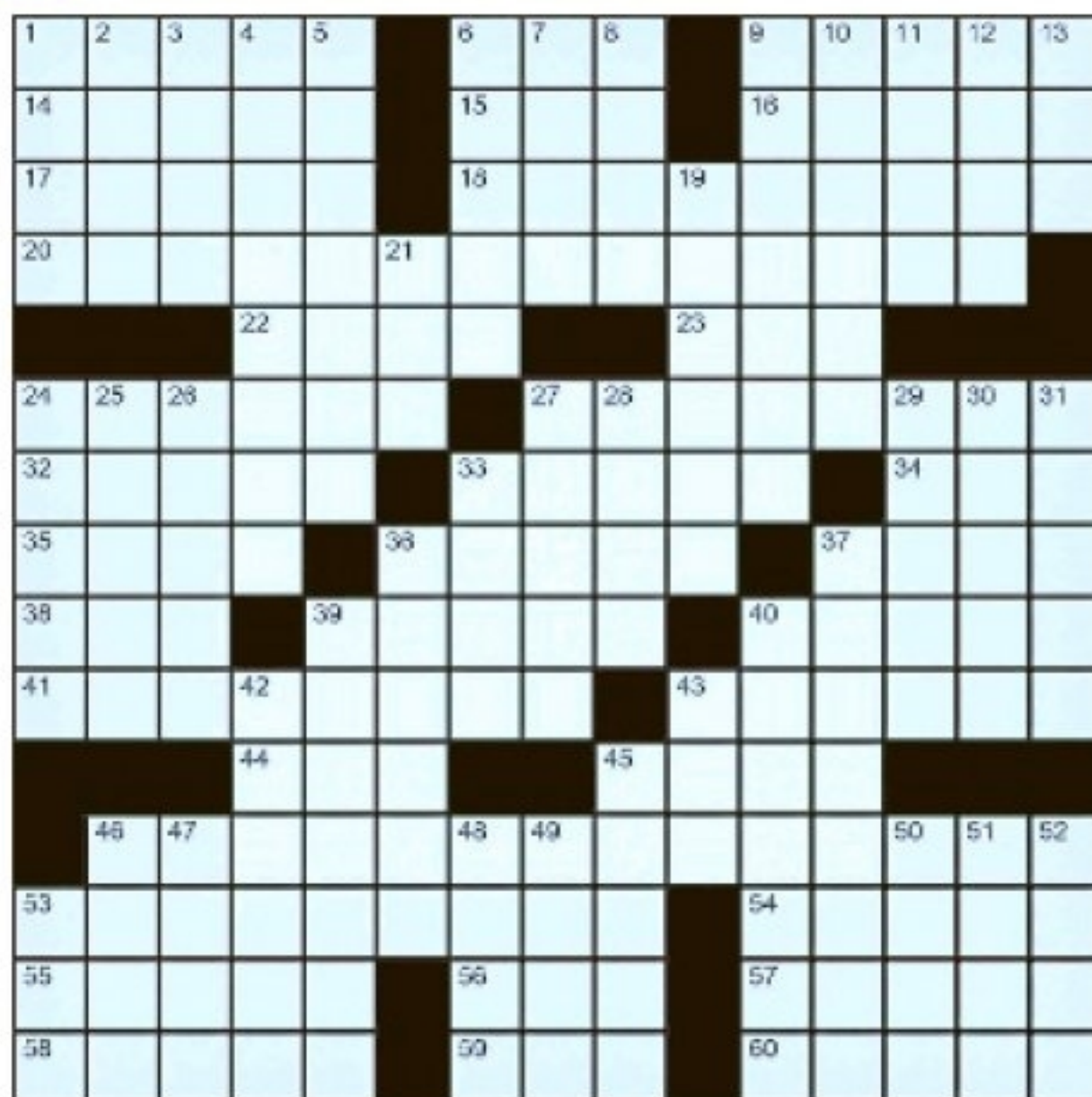
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BY KELLY ANN BUCHANAN

ACROSS

- Leaky ink shapes
- Acquire
- Romantic fabric
- Make the embankment stronger
- "Go!!!"
- Cohesiveness
- Dodge
- (514) and (403); 2 wds.
- University in Waterloo named after a Prime Minister; 2 wds.
- Aggravate
- Michael, to Kirk
- Repel/dismay
- Donna Summer hit; 2 wds.
- Find fault
- Contradict
- Irish coronation stone, _ Fail
- Paleontologist's find at the dig
- _ ' to go (Eager)
- Soaks
- Strange
- Perfected
- Touch of colour
- Empresses in Russia, once
- Farmlands
- Holidayer's 'home'
- Pay attention to
- Canadians who co-discovered insulin in 1921; 3 wds.
- Wearable souvenirs from Disney; 2 wds.
- Thom of



DOWN

- Cauldron's content
- Actor, Zachary _
- White House's _ Office
- A headboard is part of one
- Super sanitary

DOWN

- Cauldron's content
- Actor, Zachary _
- White House's _ Office
- A headboard is part of one
- Super sanitary

- Mark
- Tea type, _ Grey
- "Take _ ' Train" by Duke Ellington and His Famous Orchestra
- Packaged food sweetener
- Embrocate
- Detergent

- brand
- Roman road
- Albany is its cap.
- Steve _ aka 'The Six Million Dollar Man'
- _ -defined
- Monastery boss

- Trudges
- Bamboo eater
- "_ hoping!" (Dreamer's exclamation)
- Reeking
- 'Fraud' finisher
- Abercrombie & _
- Protests in the prison, perhaps
- "Hulk" (2003) star Eric
- '60s songstress Ms. Spector
- Swine sort; 2 wds.
- Clue givers
- Like psychedelic-style T-shirts
- Washes
- British band, _ Years After
- Blue Rodeo's " _ Hit Me Yet"
- Beetle variety, _ weevil
- Prefix to 'biography'
- Wine valley of California
- Tennis great Steffi
- Art Deco designer
- Distort
- Ms. Hatcher's, for short
- National Geographic, e.g.

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your primary concern is about practical matters, especially related to politics, religion and racial issues. It's also a good day to make future travel plans.

Taurus April 21 - May 21
Research of any kind will go well today, because you are focused and will pay attention to detail. You won't overlook a thing!

Gemini May 22 - June 21
A discussion with someone older or more experienced will be beneficial for you today. This person might even be a friend.

Cancer June 22 - July 23
This is the day to ask for something from a parent or a boss, because he or she will respect what you say. You sound like you know what you're talking about, and you've done your homework.

Leo July 24 - Aug. 23
Any kind of study will go well today because you have the patience necessary for focusing on learning.

Virgo Aug. 24 - Sept. 23
This is an excellent day for important discussions pertaining to inheritances, wills, taxes and shared property, because nothing will be overlooked. Everyone will pay attention to the smallest detail.

Libra Sept. 24 - Oct. 23
Discussions with partners and close friends will be serious today. People are not in a frivolous mood. However, their efforts will yield productive results.

Scorpio Oct. 24 - Nov. 22
At work today, you will be hands-on and willing to do routine work, because you know it has to get done. Discussions with someone older will be helpful to you.

Sagittarius Nov. 23 - Dec. 21
This is a good day for teaching young people something, because people are in a serious frame of mind. They're also willing to practice sports or the arts.

Capricorn Dec. 22 - Jan. 20
It will be easy to tackle home repairs today, because people are eager to do this. This is the kind of day where you want practical results for your efforts.

Aquarius Jan. 21 - Feb. 19
Because you're in a sensible frame of mind, you can accomplish a lot today. Discussions with neighbors, relatives and siblings will likewise be serious

Pisces Feb. 20 - March 20
If out shopping today, you will only be interested in buying long-lasting, practical items. No feather boas for you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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1	5	3	2	6	8	7	4	9
2	3	5	7	8	4	9	6	1
4	9	7	6	3	1	5	8	2
8	1	6	5	9	2	3	7	4
5	8	2	9	1	7	4	3	6
9	6	1	3	4	5	8	2	7
3	7	4	8	2	6	1	9	5

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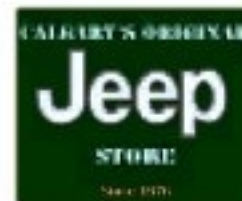
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